



Jacket potato with tuna, sweetcorn and soft cheese

What you'll need

- 4 large jacket potatoes. Larger potatoes for adults, smaller for children, approx. ¼ of a large potato for babies.
- 200g frozen sweetcorn (tinned sweetcorn in water works too, rinse first if you can't get hold of sugar/salt free)
- 1 can tuna fish in water (drained weight 130g)
- 200g low-fat soft cheese
- 3 or 4 spring onions, diced (leave out if you don't have any at home)

Allergies

- Gluten free
- Egg-free

Recipe makes 4 adult portions

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What to do

1. Prick the potatoes with a fork and microwave for 6 to 8 minutes each, or place them in a hot oven for 40 minutes until tender.
2. Place the sweetcorn in boiling water, bring to the boil, and then drain and rinse.
3. Mix all the ingredients together in a bowl and serve immediately over hot cooked jacket potatoes. Try to serve with some extra vegetables as a side (cooked soft vegetables for babies).

For babies

Mash the potato and filling together, and allow to cool before serving.

Leftovers

Cool first then store any leftover fillings in an airtight container in the fridge for up to two days. You could use as a sandwich filling the next day.

Adults, or teenagers
aged 12–18



5–11 year old



1–4 year old



7–12 month old

